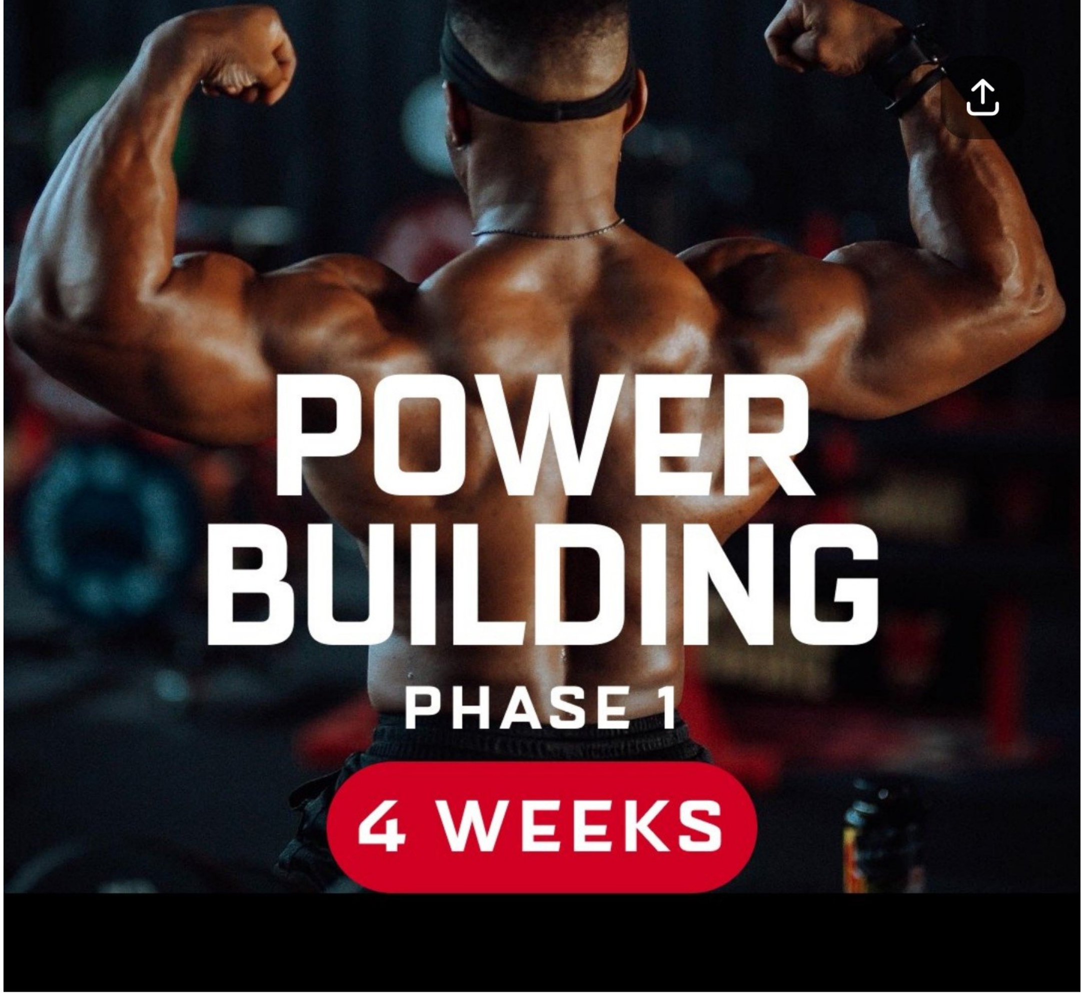


Power Building Phase 1

OVERVIEW | **COMMENTS**



Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks

Timer

#	Exercise	Reps	Sets
1	**Barbell Squat @ 75%**	5-5-5 reps	3
2	**Pause Squats @ 60%**	3-3 reps	2
3	**DB Split Squats**	12-12-12 reps	3
4	**Barbell RDL**	8-8-8 reps	3
5	**Goblet Squats**	12-12-12 reps	3
6	**Barbell Hip Thrust**	8-8-8-8 reps	4
7	**Hamstring Curl**	12-12-12 reps	3
8	**Calf Raises**	15-15-15-15 reps	4

Swipe to complete

Timer

1. **Barbell Bench @ 80%** — 4
   5-5-5-5 reps
2. **Flat DB Press** — 4
   12-8-4-2 reps
3. **Cable Flies** — 4
   12-12-12-12 reps
4. **Rope Extension** — 3
   F-F-F reps
5. **Incline Barbell Bench 50-55%** — 3
   10-10-10 reps
6. **DB Skullcrushers** — 3
   12-12-12 reps
7. **Floor Press** — 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Conventional Deadlift @ 85%** — 3
   5-5-5 reps
2. **Deficit Deadlifts @ 50%** — 2
   8-8 reps
3. **Single Arm Lat Pulldown**
   F reps
4. **DB Rows** — 4
   12-10-8-6 reps
5. **DB Curls** — 2
   F-F reps
6. **Rope Pullover**
   F reps
7. **Rope Hammer Curl** — 2
   F-F reps
8. **Pendlay Row** — 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Barbell Bench @ 72.5-75%** — 3
   7-7-7 reps

2. **Barbell OHP @ 40%** — 3
   8-8-8 reps

3. **Side Laterals**
   F reps

4. **DB Upright Rows** — 4
   8-8-8-8 reps

5. **Cable Lateral Raises** — 3
   15-15-15 reps

6. **DB Frontal Raises** — 3
   12-12-12 reps

7. **Arnold Press**

8. **Plate Raises** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat @ 70%** — 3
   6-6-6 reps

2. **Bulgarian Split Squat** — 2
   20-20 reps

3. **DB RDL's** — 3
   12-12-12 reps

4. **DB Step Ups** — 3
   12-12-12 reps

5. **Leg Extension 2 sec hold** — 4
   8-8-8-8 reps

6. **Hamstring Curl** — 3
   12-12-12 reps

Swipe to complete

Timer

#	Exercise	Reps	Sets
1	**DB Underhand Press**	8-8-8-8 reps	4
2	**V-Bar Extension**	10-10-10 reps	3
3	**Machine Chest Press**	8-8-8 reps	3
4	**Mid Grip Lat Pulldown**	12-12-12 reps	3
5	**Row Machine**	8-8-8 reps	3
6	**Flat DB Press**	10-10-10 reps	3
7	**Incline DB Row**	8-8-8-8 reps	4
8	**Seated Hammer Curl**	12-12-12 reps	3

Swipe to complete

Timer

1. **Barbell Squat @ 77.5%** — 4
   5-5-5-5 reps

2. **Pause Squats @ 65%** — 3
   4-4-4 reps

3. **DB Split Squats** — 3
   12-12-12 reps

4. **Calf Raises** — 4
   15-15-15-15 reps

5. **Leg Extension**
   F reps

6. **Leg Press** — 3
   10-8-6 reps

7. **Hamstring Curl** — 2
   F-F reps

Swipe to complete

Timer

1. **Barbell Bench @ 85%** — 5
   5-5-5-5-5 reps

2. **Seated DB Shoulder Press** — 4
   8-8-8-8 reps

3. **Side Laterals** — 3
   12-12-12 reps

4. **Rear Delt Flies** — 3
   12-12-12 reps

5. **EZ Bar Frontal Raises** — 4
   8-8-8-8 reps

6. **Face Pulls** — 4
   12-12-12-12 reps

7. **Incline Barbell Bench 50-55%** — 3
   10-10-10 reps

Swipe to complete

Timer

1. **Conventional Deadlift @ 85%** — 4
   5-5-5-5 reps

2. **Deficit Deadlifts @ 50%** — 3
   7-7-7 reps

3. **Barbell T-Bar Row**
   F reps

4. **Wide Grip Lat Pulldown** — 4
   8-8-8-8 reps

5. **Bicep EZ Bar Curls** — 4
   12-10-8-6 reps

6. **DB Preacher Curl** — 3
   10-10-10 reps

7. **Seated Hammer Curl** — 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Barbell Bench @ 77.5%** — 3
   7-7-7 reps

2. **Incline DB Press** — 3
   10-10-10 reps

3. **Machine Chest Press** — 4
   12-10-8-6 reps

4. **Weighted Push-Up** — 3
   F-F-F reps

5. **French Curl** — 4
   12-10-8-6 reps

6. **Incline DB Chest Flies** — 3
   10-10-10 reps

7. **Single Arm Extension** — 2
   F-F reps

8. **DB Skullcrushers** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat @ 70%** — 3
   7-7-7 reps

2. **Goblet Squats** — 3
   12-12-12 reps

3. **Duck Walks** — 4
   12-12-12-12 reps

4. **Barbell Hip Thrust** — 3
   15-15-15 reps

5. **DB Split Squats** — 3
   8-8-8 reps

6. **Calf Raises** — 3
   15-15-15 reps

7. **Leg Extension to failure** — 2
   0-0 reps

Swipe to complete

Timer

1. **Cable Flies**
   F reps

2. CIRCUIT
   Superset — 4
   8 Incline DB Press
   10 Incline DB Row

3. **Single Arm Lat Pulldown**
   F reps

4. **Incline DB Row** — 4
   8-8-8-8 reps

5. **BW Pull-Ups** — 3
   F-F-F reps

6. **Flat Skullcrusher** — 3
   F-F-F reps

Swipe to complete

Timer

1. **Barbell Squat @ 95%**
   1 rep

2. **Barbell Squat @ 87.5%**
   1 rep

3. **DB Split Squats** — 3
   12-12-12 reps

4. **DB RDL's** — 3
   8-8-8 reps

5. **Goblet Squats** — 3
   12-12-12 reps

6. **Barbell Hip Thrust** — 4
   8-8-8-8 reps

7. **Calf Raises** — 4
   15-15-15-15 reps

8. **Hamstring Curl** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Barbell Bench @ 92.5%**
   1 rep

2. **Barbell Bench @ 77.5%** — 4
   5-5-5-5 reps

3. **Flat DB Press** — 4
   12-8-4-2 reps

4. **Cable Flies** — 4
   12-12-12-12 reps

5. **Rope Extension** — 3
   F-F-F reps

6. **Floor Press** — 4
   8-8-8-8 reps

7. **DB Skullcrushers** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Conventional Deadlift @ 95%**
   1 rep

2. **Conventional Deadlift @ 82.5%** — 3
   4-4-4 reps

3. **Single Arm Lat Pulldown**
   F reps

4. **DB Rows** — 4
   12-10-8-6 reps

5. **DB Curls** — 4
   12-10-8-6 reps

6. **Rope Pullover**
   F reps

7. **Pendlay Row** — 4
   8-8-8-8 reps

8. **Rope Hammer Curl** — 2
   F-F reps

Swipe to complete

Timer

1. **Barbell Bench @ 77.5%** — 3
   5-5-5 reps

2. **Barbell OHP** — 3
   8-8-8 reps

3. **Side Laterals**
   F reps

4. **DB Upright Rows** — 4
   8-8-8-8 reps

5. **Cable Lateral Raises** — 3
   15-15-15 reps

6. **DB Frontal Raises** — 3
   12-12-12 reps

7. **Arnold Press** — 4
   12-10-8-6 reps

8. **Plate Raises** — 3
   12-12-12 reps

Swipe to complete

Timer

#	Exercise	Sets
1	**Barbell Squat @ 70%** 5-5-5 reps	3
2	**Bulgarian Split Squat** 20-20 reps	2
3	**DB RDL's** 12-12-12 reps	3
4	**DB Step Ups** 12-12-12 reps	3
5	**Leg Extension** 8-8-8-8 reps	4
6	**Hamstring Curl** 12-12-12-12 reps	4

Swipe to complete

Timer

1. **DB Underhand Press** — 4
   8-8-8-8 reps

2. **V-Bar Extension** — 3
   10-10-10 reps

3. **Machine Chest Press** — 4
   8-8-8-8 reps

4. **Mid Grip Lat Pulldown** — 3
   12-12-12 reps

5. **Row Machine** — 4
   8-8-8-8 reps

6. **Flat DB Press** — 3
   10-10-10 reps

7. **Incline DB Row** — 4
   8-8-8-8 reps

8. **Seated Hammer Curl** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat 1RM**
   1 rep

2. **Barbell Squat @ 77.5%** — 3
   6-6-6 reps

3. **DB Split Squats** — 4
   8-8-8-8 reps

4. **Glute Ham Raise** — 3
   12-12-12 reps

5. **Calf Raises** — 4
   15-15-15-15 reps

6. **Leg Press** — 3
   10-8-6 reps

7. **Leg Extension**

8. **Hamstring Curl** — 2
   F-F reps

Swipe to complete

Timer

1. **Barbell Bench 1RM**
   1 rep

2. **Barbell Bench @ 77.5%** — 3
   6-6-6 reps

3. **Seated DB Shoulder Press** — 4
   8-8-8-8 reps

4. **Side Laterals** — 4
   12-12-12-12 reps

5. **Rear Delt Flies** — 3
   12-12-12 reps

6. **EZ Bar Frontal Raises** — 4
   8-8-8-8 reps

7. **Face Pulls** — 4
   12-12-12-12 reps

Swipe to complete

Timer

1. **Conventional Deadlift 1RM**
   1 rep

2. **Conventional Deadlift @ 90%** — 4
   2-2-2-2 reps

3. **Barbell T-Bar Row**
   F reps

4. **Wide Grip Lat Pulldown** — 4
   8-8-8-8 reps

5. **Bicep EZ Bar Curls** — 4
   12-10-8-6 reps

6. **DB Preacher Curl** — 3
   10-10-10 reps

7. **Seated Hammer Curl** — 4
   8-8-8-8 reps

Swipe to complete

Timer

1. **Barbell Bench @ 75-77.5%** — 4
   5-5-5-5 reps

2. **Incline DB Press** — 3
   10-10-10 reps

3. **Machine Chest Press** — 4
   12-10-8-6 reps

4. **Weighted Push-Up** — 3
   F-F-F reps

5. **French Curl** — 4
   12-10-8-6 reps

6. **Incline DB Chest Flies** — 3
   10-10-10 reps

7. **Single Arm Extension** — 2
   F-F reps

8. **DB Skullcrushers** — 3
   12-12-12 reps

Swipe to complete

Timer

1. **Barbell Squat @ 75%** — 4
   5-5-5-5 reps

2. **Goblet Squats** — 3
   12-12-12 reps

3. **Duck Walks** — 4
   12-12-12-12 reps

4. **Barbell Hip Thrust** — 3
   15-15-15 reps

5. **DB Split Squats** — 3
   8-8-8 reps

6. **Calf Raises** — 3
   15-15-15 reps

7. **Leg Extension** — 2
   F-F reps

Swipe to complete

Timer

1. **Cable Flies**
   F reps

2. CIRCUIT
   Superset — 28
   8 Incline DB Press
   10 DB Rows

3. **Single Arm Lat Pulldown**
   F reps

4. **Incline DB Row** — 4
   8-8-8-8 reps

5. **BW Pull-Ups** — 3
   F-F-F reps

6. **Flat Skullcrusher** — 3
   F-F-F reps

Swipe to complete